

AROUND THE BAY

AND IN OUR PAGES



Life in Boots The BEEF's role at JTF-GTMO



Commemorative Edition

JTF-GTMO says farewell to Smith, hello to Butler



18 — Combing for Cuba's treasures
Five years of collecting the finds from the sea



Cover photo by Sgt. Darron Salzer Joint Task Force Guantanamo changes command. PAGE 10

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BAY WIRE REPORT

Welcome Aboard Butlers



Joint Task Force Guantanamo welcomes Rear Admr. Richard W. Butler, and his wife, Lana, to Guantanamo Bay, Cuba.

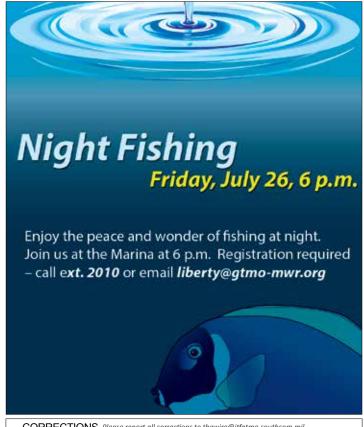
On behalf of all Troopers stationed at JTF-GTMO, we look forward to serving with you for this historic and challenging mission.

Photo Safari

Calling all photographers - or wanna-be photographers ... Chris Condon, professional sports photographer, will host a Photography 101 class July 21. Class begins at 9 a.m., at the Windjammer. Cost is \$40. Call ext. 75237 for more information.

Going for Captain?

Want to go out on the bay with your friends? Not without a Captain's License. And don't expect to show up at the Marina to take a test the day you want your boat ride. Please call ext. 2345 to set up your test and for more information about the boats available at the Marina.



CORRECTIONS Please report all corrections to thewire@jtfqtmo.southcom.mil The following information was printed incorrectly in the July 12, print issue of The Wire

Page 9: Set. Lindsav Hruska's name was misspelled and the 177th Military Police Brigade was incorrectly identified



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Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40 Gazebo - :02, :22, :42 NEX trailer -: 03,:23,:43 Camp Delta - :02; :06; :26, :46 **KB 373 - :**10, :30, :50 TK 4 -: 12,: 32,: 52 **JAS -: 13**, :33, :53

TK 3 - :14, :34, :54 TK 2 -: 15,:35,:55

TK 1 -: 16,:36,:56

West Iguana - :18, :38, :58 Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

96 Man Camp -: 31,:51,:11

NEX -: 33,:53,:13 Gold Hill Galley -: 37,:57,:17

Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 -: 40,:00,:20 TK 2 -: 43,:03,:23

TK 3-:45,:05,:25

TK 4 -: 47,:07,:27 **KB 373-:**50,:10,:30

Camp Delta 1 -: 52,:12,:32 IOF -: 54,:14,:34

NEX Trailer -: 57,:17,:37

Beach Bus

Sat. and Sun. only - Location #1-4 Winward Loop - 0900, 1200, 1500, 1800

East Caravella

SBOQ/Marina 0905, 1205, 1505

NEX

0908, 1208, 1508, 1808

Phillips Park 0914, 1214, 1514

Cable Beach 0917, 1217, 1517

Winward Loop 0930, 1230, 1530

NEX 0925, 1225, 1525, 1825

> SBOQ/MARINA 0935, 1235, 1535

Return to Office 0940, 1240, 1540





















Behind the scenes medical support keeps Warriors safe

By Capt. Daryl Daniels

Joint Medical Group commander



Capt. Daryl Daniels

We all know about how medical supports Warriors in garrisons around the world. Our hospitals, clinics and aid stations open their doors every day to ensure world class medical care is available to Soldiers, Sailors, Airmen, Marines and Coast Guardsmen who need it. And we all know about the heroics of medics and corpsmen in the field who risk their lives in battle to protect others.

But medical support for the warrior is more than that. There are many behind-the-scene missions which medical personnel perform on behalf of the warrior every day. One of these is medical surveillance.

Medical personnel are constantly on the lookout for medical threats that could disable or incapacitate the warrior and take him or her out of the fight. Some diseases are carried by animal vectors such as malaria in mosquitoes. Others can be food or water borne, or exist in the air and

Epidemiologists, entomologists and other public health

specialists gather information on diseases around the globe and use that information to make recommendations to commanders on force protection measures. These recommendations may be in the form of updating immunizations, use of special protective garments, additional sanitation procedures, or facilities improvements to help protect you from potential illness.

Medical planning is another important mission that medical personnel carry out every day. No military operation begins without a detailed medical plan which takes into account how many medical forces are necessary, what supplies they will need, where aid stations and field hospitals will be set up, and where patients will be moved to in the event of an injury.

To do this, medical personnel get special training to understand what medical assets are available in any given area, and how to make them available in the fight. They need to be able to predict how many sick and wounded there may be as the fighting progresses. In the event of a humanitarian mission, they may be asked to estimate the number of civilians who may be involved, what their needs might be, and how to best provide medical support.

ROOPER TO

No room for "That Guy" at GTMO, drink responsibly Troopers

By Sgt. 1st Class Patrick Burns

602nd Military Police Company

I am so lucky to be a part of an elite team of Troopers who care about each

other. Each of you reading this article knows what "right" looks like. You have felt it in your bones, and your very willingness to serve in the best military force in the world is proof that you want to be a part of something bigger.

Alcohol is a game changer. We have all seen "that guy" who's had a few of their favorite adult

beverages, and how quickly they forget. You know what I'm talking about—like the time at the Windjammer when you said or did something you now regret. Or at the Tiki Bar when you told your battle buddy it was okay to drive because she only had a few.

Well, let me spell it out for you

one more time—there is no time or place where drinking and driving is acceptable—Period.

Each of us is tasked to provide safe,

humane, legal and transparent care of those who are detained here, so why would you not do the same for your battle buddy – or yourself?

We live our Service Creed. That creed states that we are professional at all times, not just when we are in uniform. That professionalism and duty to sacrifice is the framework for what makes us the best fighting force on earth.

The standards we've set for ourselves are much higher than the average American. That means we rise above and have the personal courage and integrity to "stay right" and "do right"—even if it's not the most socially acceptable thing to do at the time.

I challenge each of you to watch out for each other. Alcohol is not the answer to the stresses of deployment, but we are fortunate at JTF-GTMO, to be able to decompress and enjoy the company of your co-workers and friends after a long week, and yes, have a few drinks.

But don't forget who you are, and what you represent. You're NOT invincible and it is NOT okay to get behind the wheel of a vehicle after a few drinks. It is NOT okay to act like a fool on the bus ride back to your housing and it is certainly NOT okay to abuse the SafeRide system.

There is a saying in the military that it's a rule because somebody else has done it. Well, take this note just as such. One alcohol related incident is one too many. Be mindful of your buddies and let's continue to show the world what an elite crew the JTF truly is.



Sgt. 1st Class Patrick Burns



Getting the most out of your vehicle

How a PMCS can save you and your car

Story by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

et's be honest, there are a lot of vehicles at Guantanamo Bay that have seen better days. Many of them have been here for more than a couple of years and it shows.

Dings, scratches, scrapes, dents, cracked windows and worn tires are just a few common cosmetic issues. But what about what can't be seen? Transmission fluid, oil levels, serpentine belts, battery connectors, electric wires, rusted chassis and brake fluid are other things that need to be checked on vehicles. If any of these things are deficient, it could spell disaster for the person driving or for others on, and along, the road.

In order to maintain safe and serviceable vehicles here at GTMO, it is imperative that anyone getting behind the wheel of a personal or government vehicle – whether it's a gator, mule or something with a full body –to do a proper Preventive Maintenance Checks and Services.

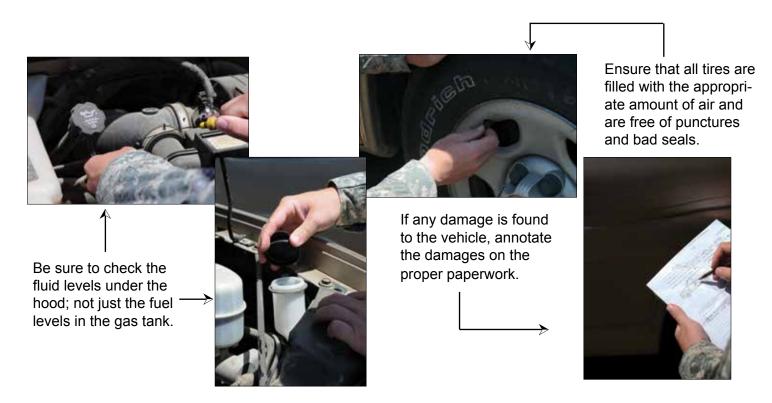
A thorough PMCS relies on the driver to inspect all parts of the vehicle, inside and out. In addition, any problems or deficiencies should be recorded on the proper paperwork for military vehicles DA 2404 (writing it down in a notebook is handy for personal vehicles), and any malfunctions should be reported to the J4 dispatch and maintenance office

ASAP.

PMCS should be completed daily and here's why: Let's say a vehicle is assigned to a Trooper and an initial PMCS is completed. Good job. No faults or deficiencies are found with the exception of few scratches and dents, but those are noted on the initial dispatch sheet. Good job. A month later the Trooper finds that the brakes are very soft and goes to J4 to turn in the vehicle for another one. But wait, there have been several other scrapes to the outside of the vehicle and the one of the headlights doesn't work. None of this was recorded on the DA form so guess what? J4 takes the unsafe vehicle and begins an investigation as to why these new defaults were not noted. Hope you brought your walking shoes.

The goal of a PMCS isn't to take up anyone's time unnecessarily; the point is to keep everyone safe and accountable for their vehicles. Doing a daily PMCS of a vehicle is a sure fire way to make sure Troopers can keep moving forward.

Looking for more information about PMCS? Get with your local motor sergeant, or check out this great tool online https://safety.army.mil/driverstrainingtoolbox.





NOTHING RUINS A PARTY LIKE THE END OF THE WORLD.

This Is The End, or is it?

By Sgt. Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

"This is the End" takes you through an average day in the lives of Seth Rogen, starring as himself, along with Jay Baruchel, also starring as himself; I suppose now is a good time to tell you that every star in this film stars as themselves. Fast forward to that evening, the guvs head out to a party held by James Franco at his home.

This is when the shenanigans start. There were a lot of celebrity appearances and everyone was having a great time at the party, until the group was rudely interrupted by the sudden jolt of the beginning of the apocalypse. Throughout the movie you'll get to see who survives, and who must face "the end."

Without giving too much away, I felt this movie was just silly, but in a good way. If you're a fan of Seth Rogen's work and other films such as "Pineapple Express," "Superbad" and "Knocked Up," you'll generally enjoy this movie. The cinematography was not good, but what else do you

expect from a movie that was targeted to be silly. There were many one-liners that had me laughing though, and the jabs that the actors made at each other were great as well; you could tell they were a bunch of dudes just having fun together.

I give this movie four banana rats, and ladies, make sure you stick around for the end, there's a great flashback to the late nineties in store for you.

Monsters and Mechs and Mankind, oh my!

the washed-out hero that has

By Spc. Christopher Bowser

357th MP Co., thewire@jtfgtmo.southcom.mil

"Pacific Rim" is a great film. If you have yet to see it, do yourself a favor and go see it right now. I'll wait, because that's all you need to know for right now. In the present, giant, strange beasts, codename: Kaiju, emerge from the ocean floor with only one thing in mind: destroy everything they come in contact with. After being taken by surprise, the human race bands together and starts making giant robots, codename: Jaegers, to combat the enemy Kaiju. The plot is pretty simplistic and it is outlined fairly early in the film. Director Guillermo del Toro does a great job of showing us what we need to see and then some. The world is so rich and you get fully enveloped so easily. Everyone has an agenda and even minor characters are fleshed out.

The major characters are the archetypes that you know and love; to come back, the rookie that doesn't have any experience but you know is awesome, the extremely talented rival who is a total jerk and his co-pilot that is an okay guy who makes excuses for his pilot. Then there's the nerdy scientist, the hardened general, the guy who wants to make a profit off of everything; that's right, they're all present and they all make this movie sing. From the great directing and strong script, nothing is left undone and there are no major plot holes I noticed. This is the perfect balance between sci-fi and action with just a tad of comedy. I would say it's the best movie of the summer so far. I couldn't recommend it any more so I

give it 5 out of 5 banana rats.



Five reps to smoked

By 1st Lt. Brian Pennington

Command Information OIC, thewire@jtfgtmo.southcom.mil

Are the same old six or eight rep sets leaving you unfulfilled? Have you ever left the gym wanting more physical training?

If the answer is yes to either of these questions, I have a solution.

The week's 'Workout of the Week' focuses on getting into the gym, working out for about 15 to 20 minutes and leaving after a successful completion of a great workout.

There are two movements involved: jump squats, which consist of squatting until the backs of your legs are bent at a 90 degree angle, exploding up until your feet are at least a couple of inches off of the ground and finally returning to the starting position with your legs bent at a 90 degree angle (this equals one rep). Of course, everyone understands the old fashioned sit-up.

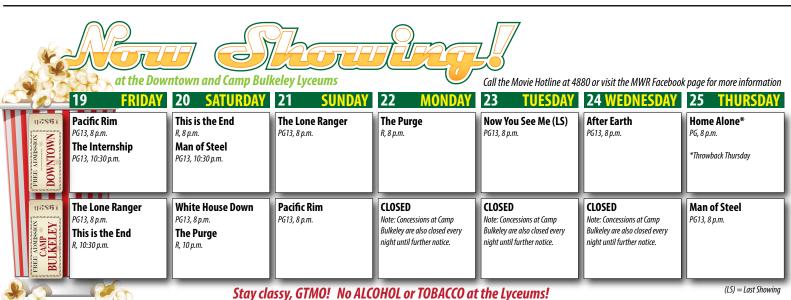
This workout requires continuous movement, meaning no breaks between sets.

50 jump squats – 50 sit-ups 40 jump squats – 40 sit-ups 30 jump squats – 30 sit-ups 20 jump squats – 20 sit-ups 10 jump squats – 10 sit-ups You're done!

As always, let condition be your guide. If you feel that it's too easy, start with 60 of each and work your way down. If it is too difficult start with a lower level and work your way down.

Don't forget to hydrate, warmup and cool-down properly. If you're not accustomed to a rigorous plan, talk with a medical professional to make sure the workout is safe for you.







BEEF gets ready for new Troopers

Story and photos by Sgt. Darron Salzer

Photo editor, thewire@jtfgtmo.southcom.mil

f you hear a Trooper here at the Joint Task
Force Guantanamo ask, "Where's the beef?"
Chances are they aren't referring to chow.
"The Base Engineer Emergency Force is the provider of facility maintenance for the JTF, specializing in the maintenance of tents, runways and small electrical and heating and cooling systems," said Air Force 1st. Lt. William Calkins, an operations support flight commander with the 474th BEEF here.

"Typically back home, the BEEF will do maintenance on hardened facilities that have been there for years," said Calkin.

"We dealt a lot with quality control on the contractors here at Guantanamo Bay and provided analysis to see how well they were performing their job," he said.

"What we do is we will come in behind them and make sure the work they were doing, whether it is maintenance or cleaning, is actually being performed." Recently, the BEEF set up the housing area on Camp America in preparation for the surge of incoming Troopers. The camp was erected in roughly three days.

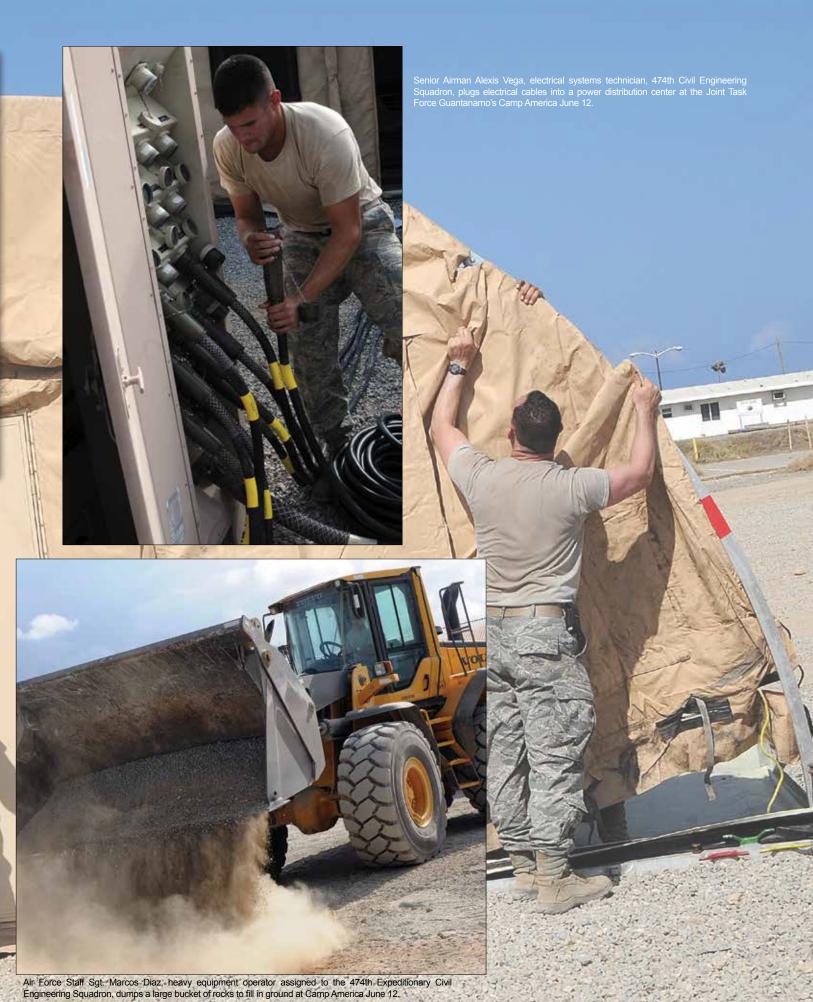
"These facilities are complete with air conditioning systems, wooden floors, lighting inside each tent and security lighting surrounding the area where we set up," Calkins said.

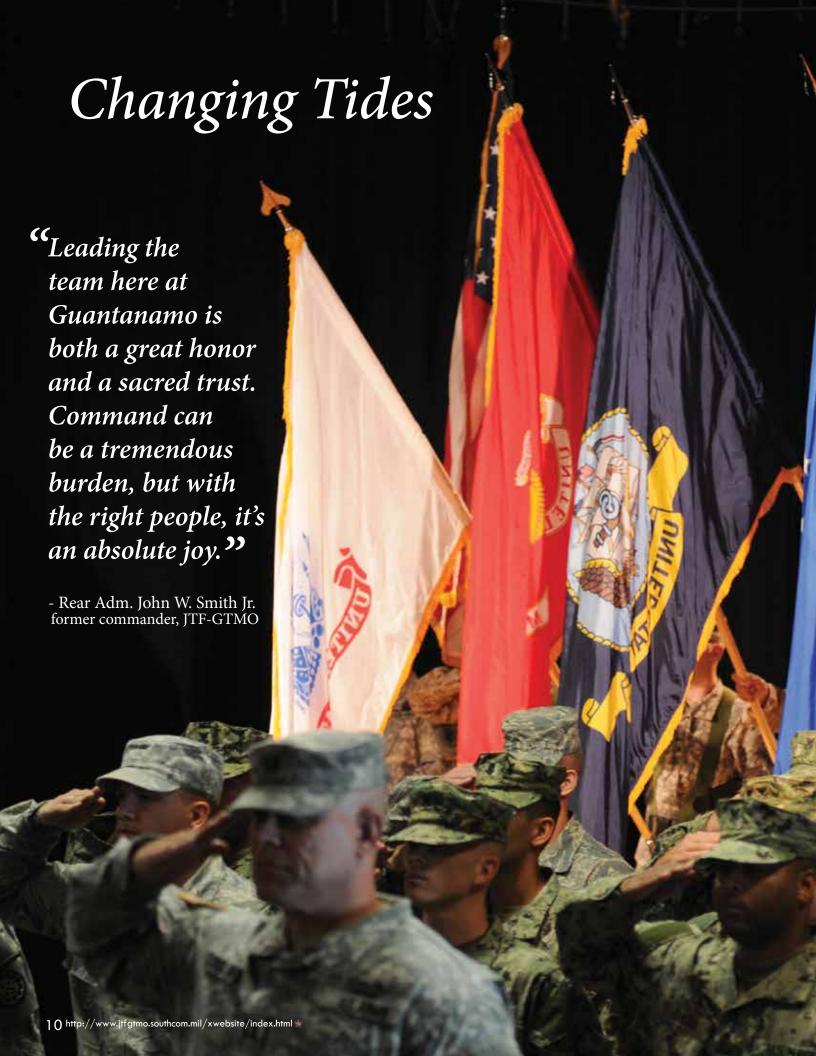
In order to make the arrangements more habitable, Calkins said the BEEF fixed up a hardened bathroom facility so that the incoming Troopers will have hot showers.

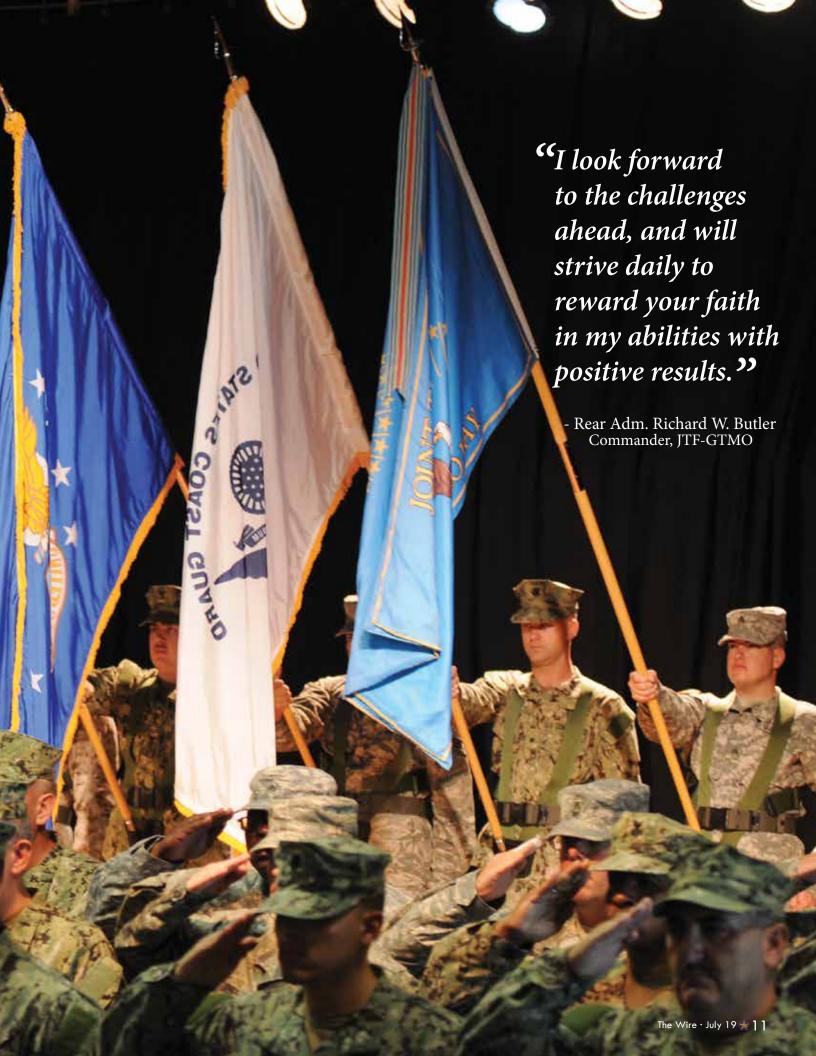
Given that members of the BEEF here are not from the same duty station, Calkins said every mission conducted was a success.

"I think we had seven or eight bases represented and everybody just really clicked from the get-go," he said. "Everybody knows what their job is and that enabled us to constantly be able to get the mission done quickly and without much hassle."











JTF welcomes Butler to GTMO



Joint Task Force Guantanamo Commander, Rear Adm. Richard W. Butler, and Rear Adm. John W. Smith Jr., former JTF-GTMO commander, share in the cake-cutting during the JTF-GTMO change of command ceremony July 16 at U.S. Naval Station Guantanamo Bay, Cuba

Story by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

ith all the pomp and circumstance expected of such a high-profile event, Joint Task Force Guantanamo welcomed aboard Rear Adm. Richard W. Butler as the new commander of JTF-GTMO, during a change of command ceremony July 16, bidding farewell to Rear Adm. John W. Smith Jr.

"People here are doing a noble job in difficult conditions," said Butler. "They face legal and public scrutiny for every action and allegation and accept the challenge. Now I have the privilege of being their leader. To the men and women of JTF-GTMO, I hold myself accountable to you also."

Butler acknowledged his personal responsibility to the JTF Troopers and promised to uphold the seven Army values: leadership, duty, respect, selfless service, honor, integrity and personal courage in the fulfillment of his duties as JTF Commander.

Butler, and his wife, Lana, arrived at GTMO last week, from his previous assignment at the Pentagon. He has toured facilities, received briefings and turnover tutorials to prepare him for his new responsibilities. Responsibilities that Marine Gen. John F. Kelly, commander of United States Southern Command, outlined during the ceremony.

"You provide central support to intelligence, legal, medical, security and public affairs operations all within the pressure cooker of intense, international scrutiny," said Kelly. "Despite all this, you are the essence of professionalism who have made detention operations here at Guantanamo recognized as the model around the world."

Rich with tradition, the ceremony also included a farewell speech by Smith, outgoing JTF-GTMO commander.

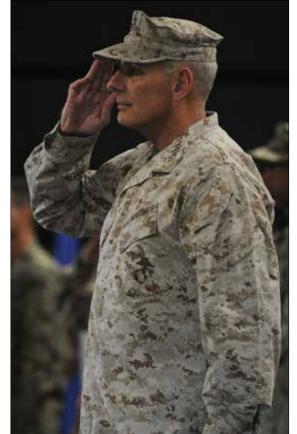
"I had a great team at Joint Task Force; they always exceeded my expectations. I am proud to have been your commander," Smith said.

Smith's next assignment will him and his wife, Maple, to Norfolk Va., where he will be named Commandant of the Joint Forces Staff College.



Photo by Sgt. Darron Salzer/The Wire

Navy Rear Adm. Richard W. Butler, Joint Task Force Guantanamo commander, addresses Troopers and guests during the change of command ceremony July 16. Butler replaced Rear Adm. John W. Smith Jr., who served approximately 13 months as JTF-GTMO commander.



Marine Gen. John F. Kelly, commander United States Southern Command, salutes during the National Anthem, July 16, during the change of command ceremony for the Joint Task Force Guantanamo.



Rear Adm. John W. Smith Jr., prepares to relinquish command of the Joint Task Force Guantanamo to Rear Adm. Richard W. Butler July 16.



A new wave

It's that time of year when the leadership of the Joint Task Force Guantanamo and its subordinate commands changes over.

From the BEEF to the MPs, new faces and fresh leadership is ready to carry on the mission of providing safe, humane and transparent care of the detainees housed here at Guantanamo Bay, and the Troopers who support this mission.

BFFF welcomes 12th commander

Story by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

Airmen and special guests gathered at U.S. Naval Station Guantanamo Bay, Cuba's Camp Justice July 3, for the 474th Air Expeditionary Group, Base Engineer Emergency Force's 12th change of command ceremony.

Air Force Lt. Col. Randy Whitecotton took over command from the previous commander, Air Force Lt. Col. Larry Harris, after six months in rotation.

"Our goal is to enable the mission, do it safely while improving ourselves in the process," said Whitecotton. "We bring continuity and a can-do attitude."

The BEEF is responsible for the infrastructure of Joint Task Force Guantanamo including Camp America and the detention facilities. Without them, electricity, water and proper facilities would be hard to come by.

They were instrumental in the cleaning up of Windmill beach after Hurricane Sandy in 2012, and in one week built an entire tent city containing 54, tents for housing incoming Service members.

The new BEEF is comprised of active duty Airmen from Colorado, Utah, Illinois, California and Florida.

"I expect to see the same hard work from the new guys," said Col. Jonathan VanNoord, commander of Air Force Expeditionary Group, Air Force South. "You've got big shoes to fill, but I know you can do it." \$\displaystyle 1.



Air Force Lt. Col. Randy Whitecotton assumes command of the 474th Air Expeditionary Group Base Engineer Emergency Force from Air Force Col. Jonathan VanNoord, commander of Air Force Expeditionary Group, Air Force South, during a change of command ceremony July 3.

Changing of the guard; new first sergeants welcomed to JTF-GTMO

Staff Report

thewire@jtfgtmo.southcom.mil

In any Army unit, it is the responsibility of the first sergeant to set the example for professional military education, uniform standards and physical fitness. No other Soldier in the unit possesses the breadth and depth of knowledge that the first sergeant does, and the responsibility to take charge of the unit in the absence of command rests upon this senior leader.

Recently, the 189th Military Police Company and Headquarters and Headquarters company 525th Military Police Battalion welcomed the new senior leadership to their units.



1st Sat. Veronica Ashe 189th Military Police Company



1st Sqt. Davin Butler HHC, 525th Military Police Battalion

Laughs and hand shakes

Funny-guy Patrick Warburton meets & greets Troopers at GTMO

By Spc. David Marquis

JTF PAO, thewire@jtfgtmo.southcom.mil

The Bayview Club was nearly filled to capacity July 16, as Service members and their families' anxiously awaited the arrival of actor Patrick Warburton.

Warburton, known for his voice acting in shows such as "Family Guy" or Krunk in the movie "Emperor's New Groove" and his recent CBS hit "Rules of Engagement," met with his fans serving at Guantanamo Bay, signing autographs and talking with them about their favorite movies or life in general.

"It was a great moral booster," said Stephen Prestesater the Naval Station Guantanamo Bay Community Activities Director, who organized the event.

"The meet and greet was fantastic, we had a great turn out and everyone liked being able to talk to Patrick one-on-one.

Fans of all ages arrived to meet Warburton. Layla Reichard, a daughter of Navy Corpsman Jennifer Webb, said she was very excited.

Warburton was on his first United Service Organization tour and he said it was an amazing experience.

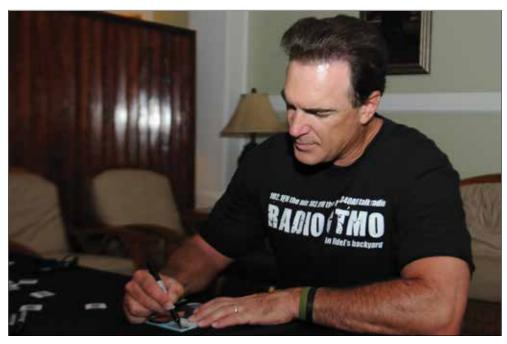
"I don't know if I'm giving back," he said. "It's such a little thing to go on a USO tour and be able to meet all these good folks."

The entertainer was quick to thank as many Service members as he could find.

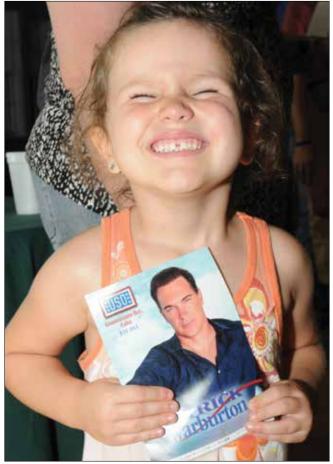
"It's a real honor to be here, my whole family, we all love and appreciate all that the men and women of this country do to serve us. You sacrifice time with your family and put yourselves in harm's way," said Warburton.

The MWR provided Warburton with a tour of the island, which allowed him to see all sorts of wildlife from banana rats to iguanas. Warburton said he hopes to be able to return to Guantanamo in the near future.

"I'm extremely grateful for the opportunity to come here and see the base," said Warburton. "I've been able to see a lot of what most folks don't have the opportunity to see and it's been great. Go Guantanamo!"



Actor Patrick Warburton signs a photo for a fan during a meet-and-greet tour sponsored by the USO, July 16, at the Bayview Club, Guantanamo Bay, Cuba.



Layla Reichard, daughter of Naval Station Guantanamo Bay Corpsman Jennfier Webb, eagerly waits her turn to have actor Patrick Warburton sign her USO, photo July 16, at the Bayview.

LIFE ON HE BAY







Financial Fitness

Tues. & Thurs., July 23 - Aug. 22 4:30 - 6 p.m.

This class is a series of seminars on "Financial Fitness" that runs twice each week for 5 weeks. Subejects include spending and banking plans, credit and debt management, car and home buying, among other topics. For more information, please contact Walter Barrett at ext. 4050 or ext. 4141.





The PII Files

Personally Identifiable Information.

It's unique to the individual it belongs to. Things like your name, social security number, phone number, local address, home of record, birthday, place of birth, mother's maiden name are all considered PII.

Putting this type of information on Facebook, MySpace or other Internet sites can put you at a much greater risk for financial fraud, credit and identity theft.

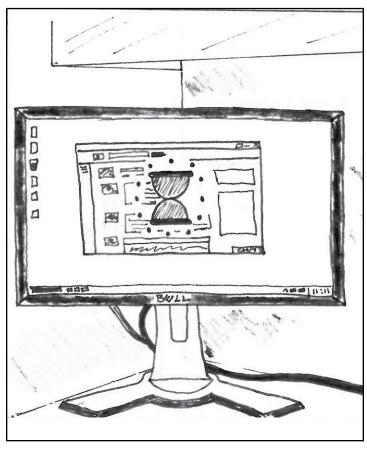
Any information tied to you should be protected. Don't let fraud happen to your family. Use OPSEC and protect your PII.

Chaplain's Word of the week:



THE DOWNSIDE UP

by Sgt. Darron Salzer



"All I ask is for a better server, and the Internet to surf her by."

GTMO JOE by Spc. David Marquis

We are the force	We are what keeps	We are the cooks of
behind the fight.	this station moving.	Guantanamo Bay!



Employee collects treasures along coast since 2008

Story and photos by Staff Sgt. Lorne Neff

Staff Writer, thewire@jtfgtmo.southcom.mil

David McGouey is a collector. His office is lined with treasures he's found along the beaches here since 2008.

"I picked up one of the bottles that had the Cuba embossing at the bottom with a '38 date, and since then I was hooked," said McGouey, remembering his first snorkeling experience at Girl Scout Beach.

Now, he has more than 500 pre-Castro revolution bottles he's collected or traded for. And his passion for "junk" has turned into a treasure hunt – for artifacts and people.

"I've met and hunted with some really good people here at Guantanamo who love this hobby as much as I do, and who also enjoy helping out other collectors to land that rare bottle they've been hunting for since they started," he said.

For five years, he's been on the hunt, searching the shores, mangroves and old car wrecks that lie about. It started on his first tour here as a Navy corrections specialist. Now, as a quality surveillance representative for fuel contracts on base, he continues the hobby he picked up in 2008.



David McGouey, a quality surveillance representative for base fuel contracts, at his desk with his first-place photo of a junked car left at GTMO.

"I consider myself one of the last diggers left here," said McGouey.

But he doesn't always have to dig. Back in the '50s through the '70s, McGouey said it was common practice for Cubans to toss junk over the fences. One man's trash is today's treasures.

"Around Grenadillo and Bargo housing areas are the most interesting," he said.

It's where he's found lots of old records, clothes and car parts. He doesn't collect those but the car parts do pique his interest, since the classics are another one of his passions. And for someone who appreciates the nostalgia

of old cars, GTMO has a story to tell.

A story that McGouey tells through photos. A junkyard filled with old automobiles is a favorite of McGouey's. He takes photos of the old cars, and even won a photo contest with a picture of two of the classic cars, a 1959 Chevy Impala and 1956 Chevy Bell Air.

"I tracked both of the original former owners of the vehicles on the GTMO Facebook page," said

McGouey. "It seems the cars became GTMO specials as they passed from owner to owner and finally wound up in the scrap yard."

McGouey owns two classic Volkswagens back at his home in Florida and hopes to purchase another. "I hope to soon have a '73 or '74 VW Thing as soon as I get back home."

McGouey says his family does not share his passion for collecting. His huge toy car collection and comic books, old metal signs, old license plates and other items are kept at his Florida home.

Mealswith

This recipe was sent in to me by **Sgt. 1st Class Sean Conwell**, and I am happy about it! This recipe was delicious and it's one I'll definitely be keeping around in my book to make again. I like how there are so many ingredients but each one adds a different texture and taste. I also love the flavor that the white wine brings to the dish too. I'm curious to see what this dish would taste like with sauteed spinach. Enjoy!

Let's start with the sauce: Pour 1/4 cup white wine and five tablespoons lemon juice into a saucepan over medium heat. Cook at a low boil until the liquid reduces by 1/3. Stir in five tablespoons of heavy cream and simmer until it thickens. Gradually add one cup of chilled butter, one tablespoon at a time, stirring until well incorporated. Season with salt and pepper to taste and remove from heat, but keep the sauce warm.

Bring a large pot of lightly salted water to boil. Add eight ounces **dry farfalle (bowtie) pasta** and cook until al dente (tender), about eight to ten minutes. Drain and set aside.

Next, prepare four **skinless**, **boneless chicken breast** halves. Heat oil and 2 tablespoons butter in a large skillet over medium heat. In a bowl, stir together flour, salt, and pepper (I added additional seasonings like Lawry's and pars-



ley.) Lightly coat chicken with flour mixture. Without crowding, carefully place chicken in hot oil. (If necessary, cook in batches.) Fry until cooked through and golden brown on both sides. Remove the chicken to paper towels. Stir in four ounces **prosciutto**, six ounces **mushrooms**, six ounces **artichokes** (canned) into the oil; cook until the mushrooms are soft.

Cut the chicken breasts into bitesize strips and return them to the skillet. Stir half of the lemon butter sauce into the chicken mixture.

To serve, place pasta in a large bowl. Stir the chicken mixture into the pasta, taste and adjust seasonings. Stir in additional lemon butter sauce as desired.





I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad, but email me anyways! If you have a recipe you'd like for me to try,

contact me!

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Looking for something to do this weekend or next week? Check out these events brought to you by the Morale, Welfare and Recreation office:





Send your best photos to thewire@jtfgtmo.southcom.mil

